

# 10 Time

## Reading

1 Skim the interview on page 85. Number the topics (a–e) in the order they appear (1–5).

- a A researcher came up with an experiment to learn about body clocks. \_\_\_\_\_
- b The human body naturally keeps time. \_\_\_\_\_
- c It's impossible to escape time because our bodies keep track of it. \_\_\_\_\_
- d Living underground, a researcher lost his sense of time. \_\_\_\_\_
- e The brain keeps various parts of the body on schedule. \_\_\_\_\_

3 Choose the correct meaning (a–c) of the expressions in bold in the text (1–6).

- 1 circadian rhythms
  - a modern humans' 24-hour lifestyle
  - b a mechanism for studying plants
  - c the ability of each of our cells to tell the time
- 2 organelles and proteins and genes
  - a parts of cells
  - b types of clock
  - c types of plant
- 3 organs
  - a cells
  - b stomach, liver, kidneys, etc.
  - c clocks
- 4 a neuro-chemical signal
  - a a master clock
  - b a type of mammal
  - c a message from the brain
- 5 circadian cycles
  - a heart rate
  - b body temperature
  - c a reliable 24-hour cycle
- 6 went totally out of whack
  - a started to become shorter
  - b became very irregular
  - c wasn't affected

5 Answer the questions.

- 1 Even though the body has a natural clock, Siffre's sleep pattern in the cave 'went totally out of whack'. Which do you think is the most likely reason for this?
  - a He has an unusual brain.
  - b He wasn't exposed to the usual cycle of day and night.
  - c He had no social life or work obligations to create a schedule.



Excerpts from an interview with Alan Burdick, author of *Why Time Flies: A Mostly Scientific Investigation*

**We all know about 'circadian rhythms from jet lag. But they are far more complex than that, aren't they?**

Scientists have known about circadian rhythms for a couple of hundred years in plants. But in the last twenty years, the genetic mechanism has become clear in humans. The idea is that each of our cells can essentially tell the time; they have a 24-hour clock, which enables the cell to organize all the things it needs to do, just like you and me. We need to meet at a certain time, or talk at a certain time. Within yourself, your **'organelles and proteins and genes** have stuff to do. It has to happen in a certain order, and that requires a clock. In humans it's a little over 24 hours long, pretty close to, but not exactly, the length of a day.

All your cells have this clock. Your stomach and liver, all your **'organs**, have a clock. In order to keep those clocks in synch, mammals and we humans have a master clock in our brains that sends out **'a neuro-chemical signal** on a regular basis. Like the conductor of an orchestra, it keeps all of these clocks in time so your body knows that when you eat, 30 minutes later, your liver's going to jump into action, then your adrenal glands and kidneys are going to do their thing, and your fat cells are going to absorb energy on a certain schedule.

**The most radical experiments on circadian rhythms were carried out by a Frenchman named Michel Siffre. Tell us what he did – and what he discovered.**

Michel Siffre is a French cave explorer. In the 1960s, at the height of the space race, scientists were thinking about whether humans could live for a long time in isolation in deep space. Siffre had this idea: What if I go live in this cave for a period of weeks, and monitor my own heart rate and sleep cycle? What does living in isolation away from the sun do to the body? It was clear that humans have **'circadian cycles** and that our body temperatures go up and down on a reliable 24-hour cycle. But Siffre was the first to show that the circadian cycle in humans is not exactly 24 hours long.

He went on to repeat a similar experiment in a cave in Texas. He was down there for about six months, all by himself. He could talk to people up on the surface every once in a while by message. But he had no idea what time it was. He nearly went crazy from loneliness and sensory deprivation, because his sleep cycle **'went totally out of whack**. There were times when he would sleep for 40 hours straight then be awake for a couple of days in a row, without knowing it. When he finally came out, he thought that he had been called out a month too soon because his count of the days was so far off.

**How did writing this book change your understanding of time? Are you still wearing a watch?**

Even if I'm lying in bed at night with no clock or watch, I have clocks in every cell. All of those clocks together make a master clock. It's not like I can get away from time. I might delude myself briefly into thinking so, but I can't. We are filled with clocks.

4 Choose the correct option to complete the sentences.

- 1 Scientists *are / are not* certain that humans have a natural internal clock.
- 2 Humans and mammals *may be / are* similar with regard to the brain's role.
- 3 In the 1960s, scientists *were / weren't* certain that humans could live in isolation.
- 4 Michel Siffre *almost certainly was / may have been* unhappy underground.
- 5 It's *possible / not possible* for people to get away from time.

# Vocabulary

## Expressions with *time*

1 Match the questions and statements (1–8) with the responses (a–h).

- 1 Do you know the writer Amal El-Mohtar? \_\_\_\_\_
- 2 Is Eric still living at his dad's house? \_\_\_\_\_
- 3 Do you think we'll ever finish this? \_\_\_\_\_
- 4 You're taking a long time to complete your application. \_\_\_\_\_
- 5 You've been working long hours since your holiday. \_\_\_\_\_
- 6 They've finally repaired the damaged road. \_\_\_\_\_

- 7 How are you going to finish all the work you have to do? \_\_\_\_\_
- 8 When do you think she'll finish? \_\_\_\_\_
- a It's only a matter of time before we do.
- b I'm a long-time fan!
- c It's time-consuming.
- d For the time being.
- e By taking things one at a time.
- f I'm making up for lost time.
- g In no time.
- h It's about time!

2 Complete the paragraphs with these words and phrases.

being consuming in no it's about long  
make up for lost one at only a matter of

### Time travel may be possible one day

If you think <sup>1</sup> \_\_\_\_\_ time someone invented a time-travel machine, you may be in luck. A <sup>2</sup> \_\_\_\_\_-time fan of science-fiction stories about time travel, astronomer Dr Edward Gomez believes it's <sup>3</sup> \_\_\_\_\_ time before people are able to travel significantly forward into the future. As for returning to the past, Gomez believes that for the time <sup>4</sup> \_\_\_\_\_, travel in that direction is probably too complicated to even consider.

### You can't change the past, but you can improve the future

Do you ever wish you could travel back in time and make better financial decisions? Does it feel too difficult and time-<sup>5</sup> \_\_\_\_\_ to learn how to manage money? If you want to <sup>6</sup> \_\_\_\_\_ time and get your financial life sorted out, my webinar will explain ten key financial concepts <sup>7</sup> \_\_\_\_\_ a time so that anyone can take control of their money <sup>8</sup> \_\_\_\_\_ time.

# Pronunciation

## Saying /r/ vs // at the end of words

1  10.1 Listen and write the words you hear.

- 1 I said \_\_\_\_\_.
- 2 I said \_\_\_\_\_.
- 3 I said \_\_\_\_\_.
- 4 I said \_\_\_\_\_.

# Grammar

## The future in the past

1 Choose the correct option to complete the sentences.

- 1 It was cold, so we *were* / *were on the verge of* meeting them inside the museum at two o'clock.
- 2 They were *unlikely* / *going* to travel by train instead of driving, but then changed their minds.
- 3 I thought this *would* / *was to* be a lot easier!
- 4 We were *likely* / *about* to go out when the phone rang and made us late.
- 5 The letter said she was *on the point of arriving* / *to arrive* by six o'clock at the latest.
- 6 The class was supposed to start in five minutes and we were still 10 kilometres away, so we were *bound* / *unlikely* to be late.

2 Look at the first sentence in each pair. Complete the second sentence using the word in brackets so it has the same meaning.

- 1 It was time for us to leave. (point)  
We were *on the point of leaving*.
- 2 She was probably going to ask for help. (likely)  
She \_\_\_\_\_ ask for help.
- 3 The plan was for us to buy lunch in town. (were)  
We \_\_\_\_\_ lunch in town.
- 4 It was time for me to make a decision. (verge)  
I \_\_\_\_\_ making a decision.
- 5 It seemed certain that he would win. (bound)  
He \_\_\_\_\_ win.
- 6 Everyone was ready to start singing. (about)  
We \_\_\_\_\_ singing.
- 7 She expected to wake up in the distant future. (would)  
She thought she \_\_\_\_\_ the distant future.

1 Choose the word or phrase (a–h) that can replace the words in bold in the text (1–8).

### How to make time go faster

Everyone has tasks or experiences that make time seem to move <sup>1</sup>**in slow motion**. It's usually when we're doing a <sup>2</sup>**tedious** job that we don't enjoy. While it's impossible to speed up the <sup>3</sup>**passage** of time, you can change your <sup>4</sup>**perception** of time. Here are some proven tricks.

- Break up boring jobs so you don't do them for too long. This helps you to stay focused, so you won't notice how much time <sup>5</sup>**elapses** during any given task.
- Listen to music, podcasts or audio books when you do housework to make the time pass <sup>6</sup>**swiftly** – and enjoyably.

- Bring fun to boring jobs by turning them into a contest, e.g. timing yourself and seeing if you can beat your record or competing against a friend or colleague. You may end up working so efficiently that you finish <sup>7</sup>**ahead of schedule!**
- Don't leave doing boring jobs to the <sup>8</sup>**last minute**. The sooner you start, the sooner you'll be finished and you can stop thinking about them.

- a passing \_\_\_\_\_ e way of thinking \_\_\_\_\_  
b passes \_\_\_\_\_ f quickly \_\_\_\_\_  
c final opportunity \_\_\_\_\_ g at a slower pace \_\_\_\_\_  
d early \_\_\_\_\_ h boring \_\_\_\_\_


**2 Complete the conversations with these words and phrases.**

ahead of schedule at the last minute elapsed  
the passage of time perception slow motion  
swiftly tedious

- 1 A: Are you going to finish on time?  
B: Actually, we're going to finish  
1 \_\_\_\_\_.  
A: Oh, that's good.
- 2 A: You didn't get your application in on time, did you?  
B: Actually, I submitted it 2 \_\_\_\_\_.  
A: Well done!

- 3 A: When I accidentally dropped my phone off the Golden Gate Bridge, 3 \_\_\_\_\_ seemed to slow down.  
B: Like you were watching it in 4 \_\_\_\_\_?  
A: Exactly.
- 4 A: When I'm concentrating on work, my 5 \_\_\_\_\_ of time changes.  
B: Same for me. Time seems to pass 6 \_\_\_\_\_ when I'm focusing on something. But when I'm doing something 7 \_\_\_\_\_, it's the opposite.  
A: Yeah, exactly. You feel like half an hour has 8 \_\_\_\_\_, but you look at the clock and it was only five minutes.

## Listening

**2**  **10.4** Listen to life coach Ori talking about time management. Complete the notes.

<b>Making more time</b>
Danger of making more time: you become 1 _____ and work 2 _____
<b>Question:</b> Does extra time add 3 _____ to my life?
We may feel 4 _____ and less happy always trying to create more time
<b>Solution:</b>
1 Make a specific 5 _____ for extra time
2 Set 6 _____
3 Think about 7 _____ of time rather than 8 _____
It's OK to 9 _____ sometimes if it means we're making time for something important

**3 For each statement below, write J (Jake's idea) or O (Ori's idea).**

- 1 When possible, do two or more things at once. \_\_\_\_\_
- 2 Pay careful attention when you're having a conversation with someone. \_\_\_\_\_
- 3 Do your tasks as quickly as possible. \_\_\_\_\_
- 4 Fit a bit of exercise in with other things if you can. \_\_\_\_\_
- 5 Give friends the individual attention they deserve. \_\_\_\_\_
- 6 Focus your energy on the things that are the most important to you. \_\_\_\_\_

# Focus on

## Expressions with *take*

1 Match the statements (1–5) with the replies (a–e).

- 1 I'd like to spend less time doing paperwork. \_\_\_\_\_
- 2 Kati is leaving her job. \_\_\_\_\_
- 3 We're going to be late because of the traffic. \_\_\_\_\_
- 4 Sorry to keep you waiting, I'll just be another minute. \_\_\_\_\_
- 5 Are you certain we have enough money? \_\_\_\_\_

- a Don't worry, I took that into account. We'll be on time.
- b How much time does it take up?
- c You can take my word for it.
- d Take your time. We don't need to rush.
- e Who's taking over?

2 Complete the paragraph about rock climbing. Use the expressions with *take* from Exercise 1.

When I'm rock climbing, my attention is fully taken <sup>1</sup> \_\_\_\_\_ with what I'm doing at each moment. A deep focus takes <sup>2</sup> \_\_\_\_\_ my mind and everything becomes simple. In planning a climb, I've already taken <sup>3</sup> \_\_\_\_\_ the type of rock I'll be on, the route and the weather conditions, so I don't have to think about that stuff when I'm on the rock. When I'm climbing well, I take <sup>4</sup> \_\_\_\_\_ and never feel rushed. I really get into the flow of what I'm doing. If you've never experienced it, you just have to take <sup>5</sup> \_\_\_\_\_ it.

## Pronunciation

Saying voiceless consonants in stressed syllables

1  10.5 Listen and write the words you hear.

- 1 We \_\_\_\_\_ it.
- 2 We \_\_\_\_\_ it.
- 3 The \_\_\_\_\_ is on the table.
- 4 The \_\_\_\_\_ is on the table.
- 5 It looks \_\_\_\_\_.
- 6 It looks \_\_\_\_\_.
- 7 There was a problem with the \_\_\_\_\_.
- 8 There was a problem with the \_\_\_\_\_.